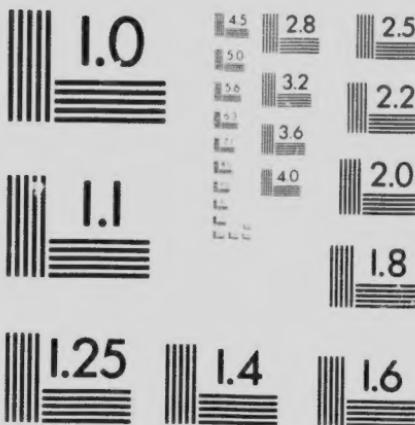


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LONG DISTANCE RUNNING



ALFRED SHRUBB

Long Distance Running and Training

BY

ALFRED SHRUBB

With an Introductory Chapter
by T. S. Sinnott



Toronto
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1909

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INTRODUCTORY

ALFRED SHRUBB'S record has been one continuous round of success. He has competed in many countries, and has met more rivals than any other pedestrian alive or dead. His victories exceed in proportion those of any man who ever lived, and to his credit, be it said, in a period of jobbery he has never had the finger of suspicion pointed at him. Space will not permit a thorough review of his wonderful achievements. He has been called the incomparable, the unconquerable, the little wonder, and been given many other titles significant of his remarkable career. Not alone is he the champion distance runner of the world up to fifteen miles, but he has also gained fame as a cross-country runner, and for several years has held the title of cross-country champion of Great Britain. He has been on the track for approaching a dozen years, and is still unbeatable and unbeaten at his favorite distances. Britishers, Canadians, Australians, Americans and Europeans have all gone down before this slim-built, slight and light little fellow. It must not be supposed, however, that Alfred Shrubbs is a mere midget. He is neither a Sandow giant in stature nor a Daniel Lambert in build, but he is a mass of whipcord and muscle, stands 5 ft. 6 ins. in height, and weighs ordinarily, when stripped, 126 lbs. Dark in complexion, he has a face which distinguishes him from the ordinary man, and which would at once attract attention, as possessing bright intelligence and power of achievement beyond the common. As another writer of a sketch of the champion says, it is the upper portion of this wonder-

ful bundle of nerve force and determination that puzzles one. True it is, in proportion to his lower limbs, but the mystery is the difficulty of discovering where he packs all his lung power. Although the Marathon has not proven his especial forte, his lung power must be prodigious or he could not have successfully performed all the extraordinary feats which are recorded to his credit. As the writer referred to says, the only conclusion that can be come to is that he is the most scientific, most judicious, most systematically trained runner who has ever put on a shoe. His head work must contribute considerable to his success as well as an indomitable will. His action is not graceful, but it is telling, and that is of more importance. It was that recognized authority, William Blakey, who, when he refereed Hanlan in one of his races, declared that his style was entirely foreign to all preconceived notions of method. It is the same with Alfred Shrubb's movements. They are effective, but hardly in accordance with recognized principles. However, in the case of striking performances, providing only they are fairly executed, we rarely stop to consider particular niceties of method. W. G. George, in writing of Shrubb when he beat his two-mile record five or six years ago, in predicting still further accomplishments for the subject of this sketch, said: "Still, I do not think he can stay much over ten miles. His style is peculiar. He does not appear to run from the thigh, but rather from the knee, and to an onlooker he seems to have a short stride, but in reality this is not the case, for his feet glide over the ground close to the surface for quite a distance before finally planting themselves. This is the ideal style for long-distance running, but is rarely adopted by good athletes for lesser distances than ten miles. W. Snook ran in much the same way as Shrubb, with his legs, though his body and arm action was far less artistic."

Born at Slinfold, in Sussex, England, on the 12th of December, 1878, he first discovered his ability as a runner by beating a fire engine which was travelling as fast as horses could draw it to a fire three or four miles away. His companion in this incident was one F. J. Spencer, the then champion of the Horsham Blue Star Harriers, to which body he became attached in 1898, and in connection with which he ran his first race, a mile handicap, in which he beat the said Spencer, who was conceding 55 yards, by 80 yards, Shrubbs winning the race in 4 min. 38 sec. That the victory was well achieved is proven by the fact that in another mile race three weeks later, Shrubbs was called upon to give Spencer 50 yards, and beat him by 25 yards. This was the beginning of a career as a member of that well-known club, the South London Harriers, that for success on the running path stands unequalled.

In the same year, namely, 1898, Shrubbs entered for the Sussex County Championships and carried off the mile, three miles, and four miles events, greatly to his surprise and delight. From 1898 on his career has been one blaze of triumph. Among other performances he has won the following English Amateur championships:

The One Mile in 1903 and 1904; the Four Mile in 1902, 1903, 1904; and the Ten Mile in 1901, 1902, 1903, 1904; he won the Southern Counties Cross-Country Championships in 1901, 1902, 1903, 1904; the International Cross-Country in 1903, 1904; and the National Cross-Country in 1901, 1902, 1903, 1904.

Besides all these he is the holder of a tremendously long list of records, as follows:

2,000 yards, 5 min. 7 $\frac{1}{3}$ secs.; 1 $\frac{1}{4}$ miles, 5 min. 37 secs. (world's amateur records); 1 $\frac{1}{2}$ miles, 6 min. 47 $\frac{2}{3}$ secs. (British amateur); 1 $\frac{3}{4}$ miles, 8 min. 2 secs.; 4,000 yards, 10 min. 57 $\frac{2}{3}$ secs. (world's amateur); 2 miles, 9 min. 9 $\frac{2}{3}$ secs. (world's professional and amateur); 2 $\frac{1}{4}$ miles, 10 min.

42 secs.; $2\frac{1}{2}$ miles, 11 min. 55 secs.; $2\frac{3}{4}$ miles, 13 min. 10 secs.; 3 miles, 14 min. $17\frac{2}{3}$ secs.; $3\frac{1}{4}$ miles, 15 min. 43 secs.; $3\frac{1}{2}$ miles, 16 min. $55\frac{2}{3}$ secs.; $3\frac{3}{4}$ miles, 18 min. $12\frac{1}{3}$ secs.; 4 miles, 19 min. $23\frac{2}{3}$ secs.; $4\frac{1}{4}$ miles, 20 min. $50\frac{2}{3}$ secs.; $4\frac{1}{2}$ miles, 22 min. $6\frac{2}{3}$ secs.; $4\frac{3}{4}$ miles, 23 min. $23\frac{2}{3}$ secs.; 5 miles, 24 min. $33\frac{2}{3}$ secs. (all world's amateur and professional records).

Besides these, he holds all world's amateur records from 6 to $7\frac{2}{3}$ miles, and professional and amateur records from 8 to 11 miles, in times which are stated elsewhere in these pages, together with the world's amateur records for $11\frac{1}{4}$, $11\frac{1}{2}$, and $11\frac{3}{4}$ miles, and also for the hour.

Even these have not been enough for "the little wonder." He has the two-mile grass record, 9 min. 17 secs.; the three-mile grass record, 19 min. $26\frac{1}{3}$ secs., as well, and what is more surprising, every one of the above records were made as an amateur. Surely a most exceptional list.

One of the chief characteristics of Alfred Shrubb is the quiet confidence that he always exhibits. He never permits himself to be flustered, nor does he ever indulge in bluster or boast of his achievements. Indeed, he is one of the most modest of men, and can rarely be induced to speak of what he has done. He has beaten all the most famous runners, both amateur and professional, during the last dozen years, and has run in all parts of the world against all sorts of athletes and in all sorts of races. At Winnipeg he competed against a trotting horse known as Patsey, and was only beaten fifteen yards in ten miles, Shrubb covering the distance in 52 min. 20 secs. He has run relay races, taking on five men, and has beaten them not only easily but handsomely.

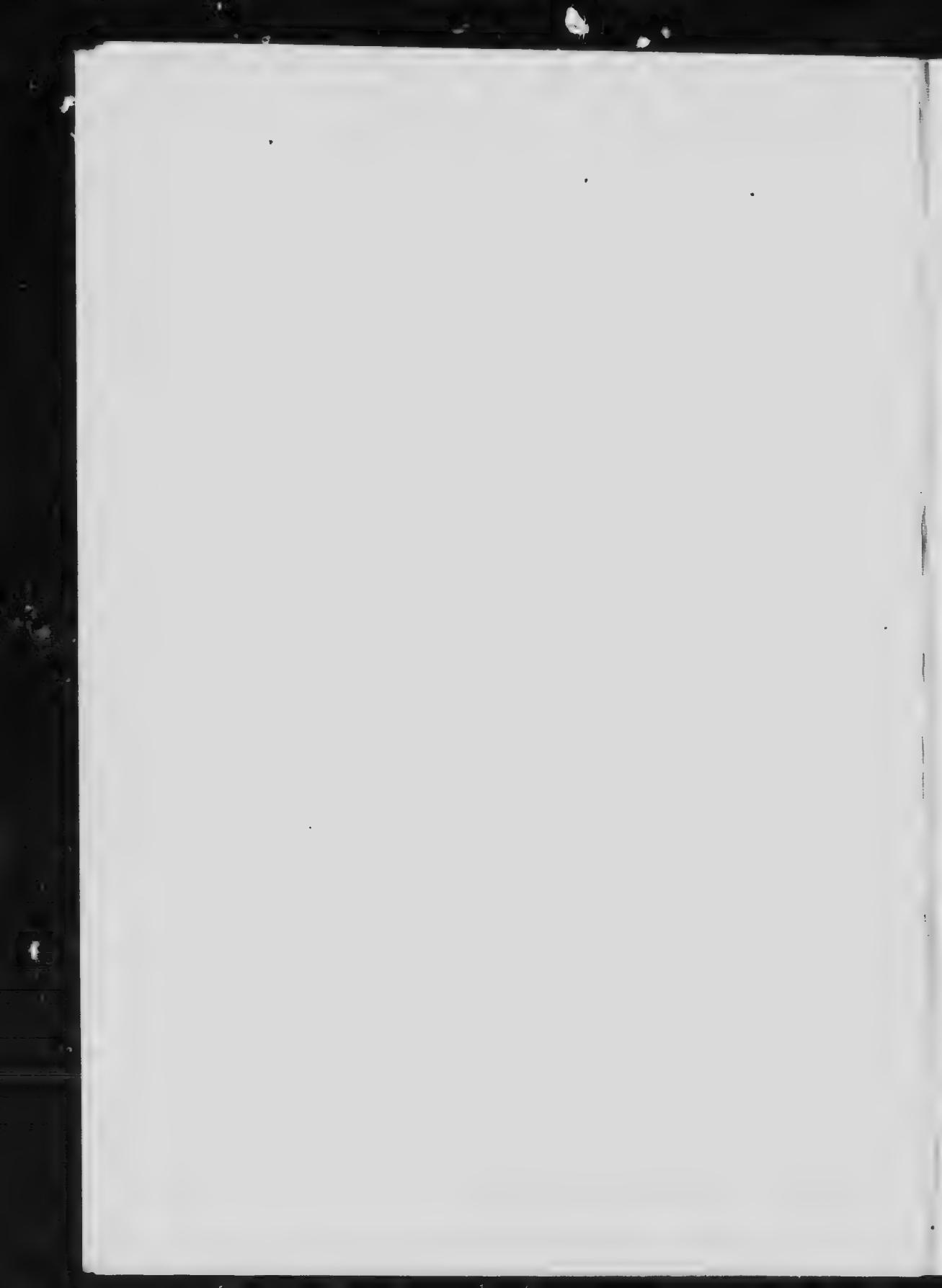
It is hardly necessary here to refer to his recent achievements wherein he has defeated at his own distance of fifteen miles all the famous runners of the day, including

the Canadian champion, Thomas Longboat; the Greek Marathon victor, William Sherring; the French champion, St. Yves; the Italian champion, Dorando, and the American champion, Hayes. He has not, it is true, succeeded in winning premier laurels at the full Marathon distance of 26 miles, 385 yards, but he has proven himself, even at the distances outside his especial forte, one of the gamest, pluckiest and most honorable runners who ever donned a shoe. He has won innumerable cups, pianos, gold watches, clocks, medals and prizes of every description, and of an infinite variety of value. Many of the challenge cups have had to be won three times consecutively, but Alfred Shrubb has succeeded in annexing them. He is temperate in his habits, neither over-drinking nor over-eating, still he takes whatever he feels he needs or is best for him, and indulges freely in fruits and vegetables.

He made a prolonged tour of Australia and New Zealand with A. F. Duffey, and everywhere earned the respect and confidence of the public. In short, no athlete has ever borne himself more worthily than Alfred Shrubb, from a little town in the English county of Sussex.

For the benefit of sentimental maidens who may be in danger of losing their hearts to this attractive, all-conquering athlete, it may be as well to state that some half-dozen years ago Mr. Shrubb took to himself a wife in the person of Miss Ada Emily Brown, daughter of Mr. John Brown, of Haywards Heath, Sussex. During the short years of their married life, Mrs. Shrubb has had the pleasure of cheering her husband in many a well-earned contest, and she is now a custodian in England of his innumerable trophies.

T. S. SINNOTT,
*Late South London Harriers
and London Athletic Clubs,
England.*



PREFACE

IT is not because I am conceited, or from any desire for self-glorification, that I have allowed myself to be persuaded to write this book. On the contrary, it is because my long experience on the track, and, with modesty I may say, my accomplishments, have led to innumerable friends asking me "how I do it," and what rules I follow in practice and in training.

In the old days pedestrians used to make themselves believe that in order to accomplish anything of an athletic nature it was necessary to lay down certain hard and fast lines as regards food, from which it was little better than suicide to depart. The modern athlete is wiser in his day and recognizes that it is not necessary to gorge with raw beef, or to over-heat his blood, in order to be in prime condition. In those days it was thought becoming to eat big chunks of underdone meat, to feast on eggs and to do all kinds of things that made training a wearisome, unpleasant and exhaustive task. To-day we eat of such food as we fancy in a moderate way, and we are the better for it in health and performance.

There is one thing that the successful athlete must do in order to maintain his reputation and that is practise regularly and incessantly. I run in all kinds of weather, in all kinds of climates, and endeavor as much as possible to accustom myself not only to advantageous circumstances but also to disadvantageous, in order that if time and weather are unpropitious I may yet be able at any rate to play a decent part.

Without vain boasting, I think that everybody will give me credit for at least doing my best in whatever I undertake.

My forte, I know, is not what is called the Marathon distance, and I have been blamed for going outside my province, but it has been my desire to show that, if I cannot accomplish all things, I am at least capable of making respectable efforts, and that it is not fear which keeps me out of any contest.

Up to fifteen miles I think I can safely say that I have been more successful than any man who ever put on a running shoe. Either as an amateur or a professional, I have held nearly all the records, and I have met all men offering themselves. It is perhaps these facts that have made so many people ask me to put in black and white my ideas as to training and my notions as to practice.

In a previous book I dwelt upon the success of American athletes and endeavored to get my English fellow-country men to make greater efforts in order that they might regain the standing, at short distances especially, which they appeared to have lost. America has certainly, of recent years, produced some marvellous athletes. The United States has also gathered in the best of other nations, and between one thing and another, athletics has made a tremendous onward march on this continent. I need not here refer to the performances of such men as Myers, Malcolm Ford, Owens, Dusty, Wefers, Long, Kilpatrick and others, to establish my proposition. It is true that they have not yet succeeded in eclipsing the 300 yard record of Harry Hutchins or the one mile record of W. G. George; nor have they equalled my own performances at various distances from two up to fifteen miles, but still we must recognize their achievements and acknowledge that American, and I must say Canadian, athletes have established their claim to be considered the equal of those of any other country.

Therefore, with confidence, I address them in this little book, trusting that I may be able, if not to teach the best, at least to encourage some of the apparently less able to

persevere. The old adage of a sound mind in a sound body is as appropriate to-day as ever it was. At the same time it is very easy to carry indulgence in physical exercise to excess. It is even dangerous in some cases to practise them at all. But the average man is undoubtedly benefited in a marvellous way by well-timed exercise. Too frequently, however, the passion for achievement overcomes discretion, and then evil instead of benefit makes its appearance.

While there is much in this book that is absolutely new, it is only honest for me to say that to some extent the work is more of a fresh edition of my old book than altogether original. It must be remembered that methods seldom radically change and, therefore, to a large degree, what is good to-day was equally good when I was first tempted to go into print.

ALFRED SHRUBB.



TOM LONGBOAT, OF CANADA
Champion Long Distance Runner in Action in Marathon Race

Long Distance Running and Training

CHAPTER I

THE BEGINNING OF IT ALL

THERE is one grand principle that must be followed in all training, in the undertaking even of any minor form of athletics, and that is that the scriptural text that whatever we have to do we must do with our whole might, must be followed. In other words, the first principle of athletics, as of all other things, is to lay out a plan and adhere to it, and resolve that whatever may happen, we will rigidly stick to some form of rule. It is very well for people to say that your meat and your drink, and your meals and your habits have no effect; they do in the long run, but it is undoubtedly a fact that certain people are given muscles and conditions that help them to realize their capabilities quicker and with more successful results than others.

It is the same in all walks of life. Poets are born, not made, and if a man has not the poetic faculty it is impossible for him to be a real poet. He may write lines, write rhymes, but if he has not the imaginative faculty and has no ideals, and the happy expression of words, he never can be a real poet. He can be a student and he may interpret his Greek and his Latin, and may produce something that looks like poetry and will be taken for poetry, but there is always a large amount of prose without the imagination, and imagination is a gift.

So it is with phenomenal performers in any branch of athletics. Nobody will suppose that I came by my methods by my predilections for running, by study. I had a natural desire that way. That I have accomplished a great deal, and, with all becoming modesty I say it, no one can deny.

but at the same time it would be absurd for me to argue that there was nothing in the drift of nature that led me to accomplish such things as I have accomplished.

At the same time, it is not the idea that I have in writing this book and in encouraging young men, and I would that I could include young women, in following athletics in one form or another, that I will expect they will all turn professionals and give up their whole lives to the pursuit of fame on the path or on the field; but because I honestly and firmly believe and am persuaded that moderate exercises in any circumstances, moderate achievement, moderate striving, is healthful and always beneficial.

Excess in exercise is destructive. Some men acquire an ambition from will and determination to conquer. With some the greed for victory is hurtful, and it is that that leads to excess and results, sometimes, in ruination to the body, and sometimes to perpetual physical and even mental disaster. It is my firm belief that men who are gifted with ability to perform anything are put in this world as an example to others, not altogether to try and do what they can for themselves, but to have sufficient ambition to perform so far that while their own healths, their own bodies and their own minds will profit, others will profit by emulation in a moderate ready.

Mens sana in corpore sano is the essence of truth. You can look around the world and you will find the most healthful men, the most reasoning men, the greatest leaders, are men who have taken active exercise in some form or other.

Take Professor Goldwin Smith and he will tell you that he owes his longevity and soundness of mind and body, in his upwards of fourscore years, to horseback riding. The late William Ewart Gladstone had a penchant for chopping down trees. Hon. A. J. Balfour affects golf. And so it goes, all deriving benefit from exercise.

We cannot all ride horses, chop down trees or play golf. A young man must have considerable wealth before he can afford to keep a nag in his stable, own an estate, or meander leisurely for miles each and every day. But he does not need to have a great deal of money to ride a bicycle, to row a boat, to run a race, to put the weight, to walk, to jump, or to throw the hammer, and thus he, as well as the man of wealth, can take his exercise, but in a different way.

The late Sir John Macdonald said that to preserve life you must conserve it. Sir John meant by that that you must be conservative of your abilities.

If you are so built that your propensity is a certain way and your health, and your surroundings, and your ambitions, justify you in following those propensities, you would be unwise not to do so, because you would be telling others to emulate, and in encouraging the desire for emulation you are encouraging a great good, providing only that the ideal is a proper one.

We professional athletes exist not because we desire everybody to turn professional and to follow our example, but because, just the same as professors of the Universities, we believe that in encouraging you to take outdoor exercise, to take exercise amid healthful surroundings, to take exercise in a moderate way, that we are really doing an enormous amount of good.

As I have said, you can look around and you will find that the man who has taken moderate exercises in his youth is the longest lived, the healthiest in mind and the sturdiest in character.

At the same time it happens that an excess and striving for the unobtainable has nipped many a man in his youth or in his hey-day. I do not mean by this directly you feel a pain or a spasm you should fly to a doctor, but I do mean that that pain or spasm is a warning that you are going a little too far, that you are testing nature. Therefore, it is

not good that every man should follow athletics until he makes it the chief aim of life, but it is good that some of us should do so, because it creates a desire for outdoor exercise, for a healthy body and for a sound mind.

Take the Marathon craze that exists to-day. It is not without its uses. It is hardly likely that any one of us who is straining his nerves for twenty-six miles or more will individually benefit creation by productiveness or that we will live to an extremely grand old age, but the blessings that may be denied us will be given to others whom we have been instrumental in encouraging in moderate health-giving exercise.

I do not suppose that everyone who reads this book will turn athlete, and, therefore, at the beginning all I desire to urge is moderation in preparation first, and in performance after. In other words, use your head at every stage of the game. Take note of symptoms which are warnings and you will accomplish as much by reason as you will by physical ability or natural aptitude. Athletics followed to excess will make you all muscle and bone, but athletics taken in moderation and in the proper spirit will steady your brain, clear you of bile, make your eyes bright and your skin clear. In other words, it will make you as near as possible the perfect man. It will give you courage and ambition; it will make you considerate for your fellow-creatures; it will teach morality and right living; it will imbue you with a spirit of true sportsmanship—that is, of course, if you have not the greed of victory in your composition.

I have accomplished much, but it has not all been from my ability to run, but because I have been temperate in my habits, and rational in my methods, and, consequently, I say that the great initial element is not only the desire to achieve, but the wish to profit mentally and physically by the exercise.

Of all athletic forms, running is perhaps the most taxing and the most exciting; that is, when carried to the extreme. As soon as you find that you are not capable of the performance which leads you to the expectation of beating the best, don't quit, but don't strive too hard. In other words, treat the game as an exercise from which you are to profit, not as something in which victory means all and everything.



START FOR A SPRINT

CHAPTER II

SPRINTING

SPRINTING, it may seem strange to say, but it is a fact nevertheless, is as common to the long-distance runner as to the man who runs 100 yards or 75 yards or 50 yards. The man who cannot sprint cannot win, but the over-indulgence in one form of running is detrimental to the development of all other forms. As a consequence, the man who devotes himself to short distance running is rarely capable of performing at greater distances, and yet it is possible had he trained himself in the first instance for longer distances he would have found himself equally capable. That, however, is only a supposition, and probably applies to but few cases.

Long distance running is of necessity a question to some extent of lung power. Short distance running is an ability to move fast, and a determination to move faster if possible. At the same time it must not be supposed that head work does not cut some figure even in the shortest distances; but of course not so much as in the longer distances. There are always advantages to be gained by the wise and shrewd man. I do not mean by this that cunningness is a necessary trait, but rather that watchfulness and care and attention to the task in hand are of prime importance.

Many a time a race has been lost by a false start. Many a time, too, has a race been lost by over-confidence. Many a time also has a race been lost by looking to the right or to the left at an inopportune moment. It is the avoidance of such mishaps as lead to disaster that enables the

competitor to win. I have seen men on the track that I was positive were faster than the men who beat them, but they lacked the method; in other words, they lacked the head of the other fellows, and, consequently, found themselves in the rear, when, all faculties being equal, they would have been showing the way.

To prepare for short distance running perpetual practice is a necessity at starting. Always endeavor to reserve some strength. Do not in your early efforts run yourself out, but remember that the other fellow when he finds that you are seemingly not so dangerous as he imagined, is apt to be the victim of his own conceit, and stop or pause at a critical moment.

The tortoise beat the hare when the hare went to sleep, and that is just how it is often in foot running and in every other game. A man believes he has the race well in hand, and is lulled into a temporary security that is his undoing. In long distance running a low, easy and even stride is a desirability. In the short distance running it is largely a question of getting through first and staying there.

A runner's stride is more or less mechanical. He may discover that he is all wrong, in striding too short, too long or too high, and may on that account set himself to work to eradicate these defects. Hard and persistent practice can alone accomplish the objects that he has in view.

It must be understood that in venturing to talk of sprinting, I am guided more by observation than by experience. It is true that in my running I have usually been able to sprint for a distance. This has frequently enabled me to beat competitors who had what is called "the foot of a horse" on the average; but when it came to quicken and to speed they were not exactly there. They

did not have the ginger and reserve that are always necessary.

At the same time there is a limit to every man's capability, and while one man can run 20 miles, he yet has not the courage nor the ability to complete only a little bit more of his journey.

In sprinting a good start is frequently half the battle, for there is nothing like a secure advantage to give an impetus to win and to discourage the other, when little more than one strenuous effort is necessary in the game. And yet there have been slow beginners at 100 yards, men who more often than not got off badly from the mark, but yet had the speed and ability to catch their opponents and win. For all that a start with impetus is a decided advantage in a short race.

Weight counts also for a good deal in sprinting, and in order to get a good pull out of your poundage, instead of being retarded by it, you must launch your body as far forward as you can at the spring-off.

If there were no other reason for advocating the "all fours" attitude of starting for a sprint, this point should alone carry the day in its favor. But there are many others, first and foremost of which is the steady position it enables a runner to assume when on the mark—a very important consideration, indeed, if one does not want to pay the penalty of getting prematurely over the line.

Duffey, when settling down for a sprint race, would scrape a hole two or three inches deep in the cinders for his right foot, so as to make a bank to push off from directly the pistol was fired. He would then rest on his hands and knees waiting for the "get ready." At this he would arch his body a trifle, resting the weight chiefly on his left toes and hands, with the right leg free and bent, waiting for the push-off. As soon as the pistol went he had gone, shooting forward as if from a gun,



IN ACTION

with a sort of seven-leagued stride, which seemed to get faster and longer until the tape was reached. While that is a good bit of the secret of running any distance up to 100 yards, it is not by any means the whole story. If you can get off with a burst and burst more at every step, all well and good, but with world-beaters to contend with that is hard to do. Other points to consider are to keep the body steady and straight, the inadvisability of swinging your arms high, and the folly of throwing your head back in order to study the stars. They aren't visible as a rule at that time of day, and if you look up at the sky you won't be able to see where you are going, and may pay the penalty of over-running your string.

As this distance (which may include the 50 and the 75 yards as well, for the purpose of this argument) cannot be described as a wearing race, there is not, perhaps, so much necessity to adhere to any very strict training routine. The sprinter has no need to cultivate wind and staying power to the same extent as a long distance runner, but there are other qualities that he needs to encourage.

Granted that sprinters are born rather than made, certain common-sense rules must be observed.

As to diet, the sprinter should eat regularly and plainly. Any variety of food and drink that he finds to agree with his digestion will do very well, but he would be well advised to avoid new bread, pastries, etc. (whether fruit or meat), strong tea, spirits, excessive smoking, etc.

Unless he keeps his body and health in good, sound condition, he will be unable to produce his best efforts, to get out of himself all that he is capable of, etc. But beyond exercising prudence in this direction, there is no great necessity for him to trouble himself overmuch as to what he eats and drinks.

As to the best system of practising for a sprint, opinions differ somewhat. Dufsey, for instance, would turn out

every afternoon and run two separate 100 yards at full speed, with a ten minutes' interval in between. He adhered to much the same kind of diet as I did myself, and which I have already described, and beyond the above practice confined himself to a short walk every morning.

He would put in a bit of "starting" practice (of which more later on), but would not overdo this.

Not a very arduous training, perhaps, but then it must be remembered that he was in Australia and New Zealand, with the temperature up to 122 degrees in the shade, so that neither of us felt too sweet on training.

Still, I don't think that Dussey suffered by not putting in more practice, for I doubt if he needed more at any time. Several of the sporting critics have stated that the famous American did not cover himself with glory "down under," but I think that this is a mis-statement.

He wasn't altogether suited by the climate, perhaps, but he nevertheless covered the 100 yards, five or six times, in $9\frac{1}{2}$ secs, during the tour, and times like that are good enough for anything.

Some sprinters even confine themselves to doing the 100 yards every day, while others again do not only do this, but will include several starting trials.

They will get down, get the signal given them, and burst off for a 40 or 50 yards sprint, and then gradually pull up in another 20 or 30 yards or so, and stroll back. They will repeat this perhaps a dozen times, and perhaps this isn't bad practice if one is inclined to be slow out of the slips.

But in starting practice, care must be taken not to strain the thigh muscles, as they are naturally exposed to considerable wear in the "push off" and early spring forward. A sprain here is about the worst accident which can befall a runner, and should be attended to immediately. The moment you feel that such a catastrophe has occurred,

knock off all work at once. Exercise as little as possible, massage, rub with embrocation, and hold the affected part under running cold water for as long as you can stand it. It's the only remedy there is, and it is one which you dare not afford to neglect.

Owing to the sprinter's liability to this accident, it is important that his thigh and leg muscles generally should be as strong as possible. He would do well to include in his training as many free movements, and as much skipping exercise and punching the ball as he can get in. These muscles must be well developed—they cannot be made too strong; but, on the other hand, they must not be made too stiff or too hard. The movements chosen, therefore, should be absolutely "free" ones, and the muscles should be well massaged after every exercise.

A 100 yard sprinter should not confine himself to 100 yard spins. He should put in several 50 yard or 75 yard bursts daily, and twice or three times a day only, go the full distance. Sometimes, as in other training spins, there is no need for him to keep clocking himself, but he should endeavor always to cover the full course in or about 11 secs. This will wind him up well, and will leave him enough superfluous energy to speed in the actual race itself and make good time. The 50 and 75 yard bursts will develop his speed sufficiently, for if he can get these down fairly close to record, *i.e.*, 5 $\frac{1}{4}$ and 7 $\frac{1}{4}$ secs. (world's professional), he will have got enough steam up in the actual race to carry him over the remaining distance quick enough for any and all requirements.

The aim of the sprinter should be to make every step every time tell. Inches mean victory, inches also mean loss, at a critical point, and it frequently happens that on the instant a reservation of strength is advisable, especially when you find a man running shoulder to shoulder,

and stride to stride, with you, and you cannot make any impression on him.

It is absurd to say that the sprinter has no time for thought. His thoughts are perhaps impressions, but they are equally as strong to him as to the long distance runner. I have heard a sprinter say that often at 100 yards the tape at one stage appeared miles off. That was because he could not make any impression on his competitors.

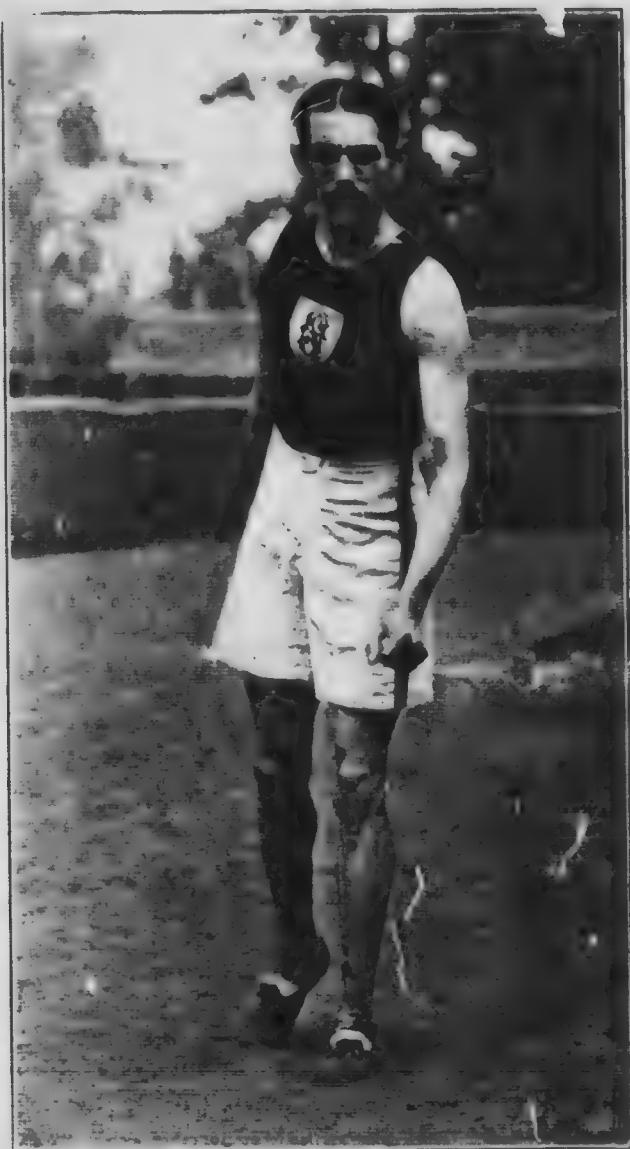
Incessant practice at speed is more of a necessity in the shorter and middle distances than in races which mean miles.

CHAPTER III

MIDDLE DISTANCE RUNNING

WHILE possibly middle distance running is not in its primary stages so taxing as sprinting, yet, if the athlete would be in the best of condition, it requires steady industry in practice, the intelligent use of the mind and considerable judgment. Sometimes it happens by sheer force of will that a middle distance runner will win. He makes ambition take the place of judgment and ability, and by determination accomplishes what he set out to do. If, on the other hand, he had thought the situation out well when he started and had followed a set plan, then he would have attained his objects easier and saved himself a deal of anxiety.

Authorities differ as to what may be considered middle distances. Some hold that half a mile to a mile is the right division, others hold that anything shorter than a mile should be regarded as a short distance. The fact is, to my thinking, there should be some such distinction in classifying running as we find in boxing, with its feather-weights, bantam-weights, lightweights, and so on. A mile is a distance that taxes the ability, yes, and the stamina, of the majority of men prone to athletics, and when we come to it we find tremendous effort has to be spent, providing the competitors are worthy of much effort. When W. G. George and Cannon were at their prime and competing for the championship record, the mile, if anything, was considered a long distance race, but now, since the Marathon craze has crept in, it is regarded as little better than a sprint.



START FOR MIDDLE DISTANCE RACE

Possibly we are anticipating a bit in dealing with the mile at this stage, for, after all, there are many distances common to athletic sports between the 100 yards, the 300 yards and the mile. There is the quarter-mile race, for instance, that invariably finds a place on the programme. The race is often run in heats and in such contests the half-mile or mile runner may be supposed to hold an advantage. If a man conscientiously practises the quarter he should not be distressed at having to run it several times in the afternoon. He will, anyway, be far better placed than the sprinters who enter for the race. They are running out of their distance, and are almost certain, consequently, to crack in the final.

When training for this I would suggest a man confining all his sprints to the quarter-mile distance only, for the chief point which he has to cover is the method in which he can cover the distance quickest. He won't be able to sprint all the way (at least, I doubt it), but I fancy that he will find that he can get well off and stride fast, low, the long for 300 yards, saving enough for a final gallop home.

Some men run their first 100 yards at about 75 per cent. of their fastest pace, and then quicken up gradually to 250 yards or thereabouts, when they sprint home. I don't think much of this method, as it savors too much of pace-judging, and the less a quarter-mile man bothers about that the better. The quarter resembles a sprint sufficiently to my mind in that a man wants to get over the ground as quickly as possible, and he should, therefore, essay particularly the art of "smashing" along all the way, with a special "sub-conscious" reserve for the final 100 or 150 yards.

He must, of course, train very strictly. His diet should be as plain and simple as it can be, the rules advocated in Chapter IV being closely adhered to, especially those about regular meal times and plentiful and regular sleep.



ACTION AFTER FIRST MILE IN MIDDLE DISTANCE RACE

Plenty of free movements and regular massage after exercise besides the close observance of every regulation which will keep him in good condition all the year round.

I do not mean that a man should train hard continually, for by so doing he will go frightfully stale, but that he should never allow himself to get out of hand.

He must be a magnificent athlete if he is going to turn the quarter-mile into a long-distance sprint, which will be the only certain method of lowering the existing records.



ACTION AFTER EIGHT MILES, MIDDLE DISTANCE RACE

CHAPTER IV

THE MILE AND THEREABOUTS

FOR convenience it will be advisable to lump the distances between the quarter and the mile. Fifteen and twenty years ago 600 yards often found a place on the card, but latterly the leap is usually made from the quarter to the half and then to the mile. Indeed, it is very seldom that a three-quarter-mile race is run nowadays.

The training for all these distances should be similar and should consist of regular practice, moderate living, plain food, early to bed and early to rise. When I say early to rise I do not mean that it is desirable to get up in the wee sma' hours and run, although about sunrise the air is possibly at its best. I would suggest for the middle distance runner spins of 800 to 1,000 yards three times a week, followed on alternate days by 75 to 120 yard sprints. Brisk walking is also a good method of keeping the muscles loose, winding up with a 200 to 250 yard fast gallop and then trotting back to the dressing-room and so home. Care should always be taken not to stand about and allow the muscles to stiffen. In that way the good that has come from the exercise will often be more than marred. At the same time the athlete who would be successful must be careful not to overdo his work but be moderate in all things and diligent in practice.

In heat races it is very necessary that he does not tire himself unnecessarily, but just keep going long enough to have something left when the final burst of speed comes as he nears the tape. It is a good plan, if possible, to get either the lead or fall in close behind the leader, moving stride for stride. In that way you worry your competitor and often unfit him for the final struggle. Of course, it



RIGHT ACTION FOR ONE MILE RUNNING



WRONG ACTION FOR ONE MILE RUNNING

is very largely a matter of nerves, and the man who is not strong in nervous power, as well as in heart, should not essay any kind of running.

When training for the three quarter mile, I would advise going up to as much as one and a half miles for steady work, followed, after a trotting rest, by a quarter-mile fast burst. Next do the distance itself at a good stride, and then, perhaps, a 1,000 or 1,200 yards at the shade below best, with a 150 yards final burst. On the third day run a mile well within yourself, and sprint at last 250 yards. For the remaining three days vary between fast half-miles, steady one and a quarter miles, and good striding miles. Always sprint the last 100 yards or so home, and, if capable of so doing without staleness, add one or two other longer sprints here and there. Train every other day bar Sundays, and don't fail (if you can possibly avoid it) to go for several long, brisk walks every week. It is hard work. I know, but when you remember that the race itself will have to be run probably as a steady fast-run half-mile, with a punishing quarter to finish, you will understand that the hard work is absolutely demanded.

Even if you don't run a race at all you won't miss such a training, as, spread out with intervening days of rest, it won't make a bad initial training for the mile itself.

THE MILE

A special distinction clings to this race, in that the record made by W. G. George a quarter of a century ago still stands, and, as it is now about three seconds better than the next best effort, it seems likely to stand perhaps for another similar period.

Curiously, however, George himself thinks that it could be, and ought to be, beaten. He even suggests that the time could be lowered a full second, if not more.

That is as may be, but I am inclined to agree with him that it is not a race which requires too much final training.

A three-quarter mile training, such as I have outlined above, will have got you in tip-top condition, and after slackening off for a week or so I would suggest a steady course of half, three-quarter, mile, and mile and a quarter spins. These should be daily work, but about one practice a day should be sufficient. For sprinting practice, to finish up with, take the last 100 yards or so of each spin at a burst, and rest content with that. The main thing is to get thoroughly fit and well first, and then to confine yourself to such work as will keep you so. You are in for a hard job, and will have so much taken out of you by the race itself, that you must be careful not to dig too deeply into your reserves of energy beforehand.

RUNNING THE MILE

In the actual race you want to go off with a burst so as to get clear of the ruck, but must steady up early—not later than 30 or 40 yards—and then stride along evenly and well to the home straight; after that it is a fight to the tape. A regular, even stride is, perhaps, more important in the mile than it is even in the 10 miles, for you must not pump or distress yourself in any way. At the long distance you will have several chances of picking up again, but these won't be accorded in the mile itself.

If you are out record-breaking it may be worth while to quote George's times in 1886, in order to show how evenly the race must be run. W. G. did his first quarter in $58\frac{1}{2}$ secs., the second in $63\frac{1}{2}$ secs., the third in $65\frac{3}{4}$ secs., and the last in 65 secs.; time, all over, 4 mins. $12\frac{3}{4}$ secs. If this feat is to be surpassed a fraction will, I think, have to be knocked off the first quarter, and a full second, or nearly as much, from the last. It is all very well to theorize, however; but, nevertheless, I think it can be done, and I am sure that George himself would be the first to congratulate the man who did it.



FINISH OF ONE MILE RUN

CHAPTER V

THE LONGER MIDDLE DISTANCES

WE now come to what may be termed the longer middle distances. The 2,000 yard does not look much longer than 1,760, but there is a real difference when one comes to run it. The extra 240 yards takes some doing at a fast pace, and no runner yet known has been able to do a mile in any thing like record time and last out decently for the balance of the 2,000 yards.

As evidence of this, compare George's mile record with my own for the 2,000 yards, viz., 5 min. $7\frac{1}{2}$ secs., or only a shade under 55 secs. for the 240 yards. One record is professional, whereas mine was made as an amateur; but there is little or no difference between the paid and unpaid man on the running path. The only pull which the former may be said to possess is that he has greater leisure and opportunities for training than the average amateur—advantages which do not exist in the case of a "Varsity" man or any other amateur who lives and works near a track and can take time off when he wishes for training purposes.

As another comparison, it may be mentioned that the one-and-a-quarter-mile world's record is 5 min. 30 secs., or over 77 secs. for the fifth quarter, supposing Lang to have run the mile part in George's time, which, of course, he didn't, and couldn't have done if he wanted to last out the one and a quarter miles. My own amateur one-and-a-quarter-mile record (which is world's amateur) is 7 secs. longer than Lang's American one, but then I wasn't going for the record particularly on that occasion, and have never

laid myself down to be a world's champion at middle distances.

In order to get into the best possible condition the competitor must set aside quite four or five weeks for severe preparation, making his practice spins for the 2,000 yards a series of varying spins, working from 1,500 yards up to one and a half miles and back again. The actual 2,000 yards itself should also be run over every now and then at a good fast pace, taking the quarters at about 65 secs., 70 secs., 72 secs., 73 secs., and leaving 32 secs. for the final 240 yards gallop. This is only given as a standard to train to, and works out at about 5 secs. over my own record, so that there is a fair margin which could be cut down in the actual race.

The two miles' training would be run through in much the same style, working up from one and a quarter miles to three miles, and back again, with, of course, practice for the actual two miles itself. In all these middle-distance races it is well to remember that the practice spins should not be run at too fast a pace. No man can go on running several miles a week (say eight or nine, and sometimes more) at a fast pace every time. Don't kill yourself trying to beat the clock, but run long, steady, striding runs three or four times a week; sprint a bit now and then just to keep your pace up to the mark, and go for longish country walks as often as you can. Get as much into the open air as circumstances will allow, live regularly, and adhere to the dietary scheme. Your actual trial spins will, of course, have to be fast, but these should not be repeated too frequently. Remember that they are trials and not training, and be content with one only, or at most two, supposing your training period to be a reasonably long one.

Training for three or four-mile races, as also for any intermediate distances, should be carried out on the same principles. For three miles run from two miles up to four

and back again, and for four miles from three miles up to five and back again, observing the other directions, slightly altered to suit the circumstances of the case.

HOW TO RUN A MIDDLE-DISTANCE RACE.

For a 2,000 yards race, or any other up to a two-mile one, stride off at first short and quick, keeping the feet as close to the ground as possible, gradually lengthening out 6 in. or 1 ft. at a time until you are covering from 4 ft. 10 ins. to 5 ft. each stride. Keep this up well until the time comes for your sprint home. This should be preferably as long as you can make it, or perhaps it may be put more clearly by saying that this final burst of yours should start as early as possible. Middle-distance runners are not, as a rule, well practiced in long sprinting, so that if you have devoted your attention to running at pretty nearly top speed for say 300 yards during your training, and can manage to pull out a burst of that length to finish with, after having gone a whole mile or a mile and a half, or thereabouts, you will in all probability leave your opponents standing still. The times given in my suggested standard trial spin gave some indication of this, but these times would naturally depend very considerably on circumstances in the actual race itself. You should be fairly up to the leaders when you start going away, and unless you want to spoil your sprint by getting into that position, should have got there early, and should, further, have stayed there.

For a three or four-mile race, stride out about 4 ft. 10 in. for the first half-mile, then lengthen out to 5 ft. up to two and a quarter and two and a half miles. After this, drop down to 4 ft. 6 in., going easy and gathering your forces for a wild dash over the last quarter. It is an awfully punishing way of finishing, I know, but if you have trained up for it and can pull it out you will easily spread-eagle your field, since very few runners would care to plan out and train for such a smashing style of covering the distance.



ACTION AT THREE MILES IN A TEN MILE RACE

CHAPTER 1

ROM THE GOLDEN MILES

FROM ten to fifteen miles are supposed to be my favorite distances. The supposition implies that I like long and hard work. It may be as well said here that I am not averse to it. If I were, I should not be as I am to be the champion of the world at these distances. Once or twice, from some cause or another, I have met with defeat, but, on the other hand, I have . . . only beaten every man who has beaten me, but I have lessened the pretensions of many who labored under the delusion that they were unbeatable. In the circumstance I feel, therefore, that I am entitled to speak with some authority.

In starting, I should point out that the rules laid down in the previous chapter as to methods of training hold equally good for any distance between five and fifteen miles. Having possessed himself of the ambition to sustained running, the athlete should study his own ambition. He should begin gradually and travel a bit further as time wears on until he has fairly tried himself and become satisfied that the distance he proposes to race is not beyond his powers.

Early bird may get the worms, but it is no certainty that a man who rises before cock-crow is going to secure all the laurels or all the shekels. On the contrary, the man who sleeps well and to a reasonable hour in the morning will assuredly last the longest and probably perform equally as well as the man who leaves his warm bed an hour before the lark and tramps or runs wearily until unfitted for his day's occupation. As for myself, I have never trained but in the one fashion. I rise after 7 o'clock as a general thing,

and, after going through about ten minutes' free exercise dress quickly and hasten out of doors for a brisk two-mile walk before breakfast, travelling at the rate of four or four and a half miles an hour. This is about the speed that should be adopted in all walking exercise. It loosens the muscles, expands the lungs and puts a good edge on one's appetite. My retiring time is usually around 10.30 p.m., as I believe in having at least between eight and nine hours' sleep.

The preliminary exercise should be as free as possible. An exerciser or chest expander might be employed if desired, though I would suggest that preference be given to Indian clubs, light dumb-bells, or absolutely free movements, than to anything in the nature of heavy work. Not that either developers or chest expanders need necessarily be heavy work, but there is always a natural tendency to make them so, and for this very reason free movements or Indian clubs are preferable to dumb-bells, which frequently tempt their users into an increase of weight, from a desire to encourage a big muscular development, which is the very thing to avoid. A pedestrian does not want heavy, bunched muscles; these will only impede the freedom of his movements, and will also give him a lot of unnecessary weight to carry. Muscle weighs more than flesh, and is not nearly so easy to "get off." So if you use dumb-bells be sure that they are of the lightest kind--certainly not exceeding 2 lbs. each, if as much; just enough, in fact, to lend a little extra swing.

The walk finished, you will be more than ready for breakfast. This should, nevertheless, be a fairly light meal. Two or three medium-boiled eggs, a little fish, perhaps, some dry toast, and, say, one or two cups of weak tea. It is as well to take some oatmeal porridge now and then in order to supply the necessary building material for one's bones, which is to be found in oatmeal in greater

quantity than in any other food with which I am acquainted.

After sufficient time has been allowed for the due digestion of one's breakfast, get out on the track and put in a four or five miles' spin, which distance should be increased to eight miles once or twice a week.

Then back to lunch or mid-day dinner—whichever you prefer—at about 1 p.m. This should be fairly substantial. A steak, or some roast or boiled beef or mutton, fruit, milk puddings, and a sufficiency of green vegetables. No potatoes. Stale bread, or, preferably, dry toast. One glass of old ale will be found about the best thing to drink, or, if an absolute teetotaller, a cup of Bovril. I am always careful not to over-indulge in sweetmeats or candy, but have found Peter's milk chocolate at all times very beneficial.

Then about 3 p.m. go back to the track and put in your afternoon work, which should consist of three-mile runs for the first week, eight or ten miles during the second, and two-mile fast bursts for the third. Follow up the system as prescribed for preliminary training, varying it from two-mile runs at top speed to four, five, six, eight, and ten-mile steady runs.

It is, perhaps, difficult to lay down a hard and fast rule, as the course of training will naturally vary with the time at one's disposal; but the best method to adopt will perhaps be to divide whatever time you may have into about ten periods, and to devote the first three to three-mile runs, the next two to four, five and six-mile distances, the next two to eight and ten miles, and the last three to two-mile bursts, interspersing throughout an occasional trial of your speed over the full course, as though you were actually running the race. As some idea of the times which should be run to as near as possible, I would recommend the following, which is a little above record, for if a man can get fairly close to this standard he can be fairly well satisfied that with slightly more experience of the excitement of an



ACTION FOR FIFTEEN MILES

actual race itself, that it won't be long before he is able to put up new records himself.

Endeavor, then, in your trial spins, to cover the various distances as under:

Miles	Min.	Secs.	Miles	Min.	Secs.	Miles	Min.	Secs.
1-4	1	5 1-5	1 3-4	8	32	6	31	0
1-2	2	15 1-5	2	9	50	7	36	25
3-4	3	30	3	14	51	8	42	0
1	4	46	4	19	58	9	46	0
1 1-4	5	59 2-5	5	25	0	10	51	30
1 1-2	7	16						

This table is merely suggested as a standard to work to, for if a man fancies that he can cut the full time closer he should proportion the intervening stages accordingly. He should not lay himself out to cover the earlier distances in *greatly* reduced periods, as by so doing he is certain to crack up long before the tenth mile comes along. The great thing is to run well "within yourself" all the way—to feel always that you have something in hand, for you can never tell when you may need that something.

Whatever you do, don't make the mistake of trying to do the full ten or fifteen miles too often. Vary your training spins as much as possible within the lines sketched above, and, when going for the short two-mile runs, go as fast as you can all the way, so as to develop your speed as much as possible.

Supposing that you have received a fairly decent handicap, in yards, if not in time, you may confine your full distance spins to the course which you will actually have to cover in the race itself. But I would certainly advise you, in any event, to go over the full ten or fifteen miles at least once.

At the close of the afternoon work stroll back home, and about 5.30 to 6.00 have your last meal of the day. This,

which should be a sort of high tea, should consist of much the same items as your breakfast; that is to say, of eggs (medium-boiled), a little fish, or cold roast meat, dry toast and weak tea. Fruit or rhubarb may also be taken, but all pastry, stews and made dishes should be carefully avoided.

After tea go for a two-mile walk, and before going to bed drink a cup of beef tea, or something of the kind.

It is most important to observe regular hours throughout. Meals should be taken at the same times every day, and the times for going to bed and rising should also be strictly the same.

Rest on Sundays altogether. You will certainly feel strongly inclined for the day off, and will not suffer thereby.

TRAINING FOR THE MAN IN BUSINESS

The above courses of training, it may be objected, is no doubt admirable for the man with plenty of leisure, but not for one who has to attend an office or other place of business. Well, obviously, the latter can't possibly adhere strictly to it; but nevertheless, it should not be impossible for him to approximate thereto as nearly as he can.

For instance, he can take his early morning walk, and after breakfast can walk sharply to business (or, at all events, for some fair part of the way). He can even cover some of the ground, if he lives any distance out, at a decent trot, and can follow the same rule on his way home.

His meals should also be regular, and he must adapt himself to circumstances in substituting evening work for the morning and afternoon work of his better situated rival.

Let him get down to the track about 6 p.m., or as near thereto as he can manage, and put in a good run every night. As he has to make one spin serve instead of two, he would be well advised to lengthen his shorter runs by 50 per cent. or thereabouts—that is, run three miles instead of

two, six miles instead of four. The eight and ten miles, of course, need not be lengthened, nor should the distance of the full-speed two-mile bursts be interfered with.

Another means by which the business man can make up his handicap as against his leisured rival is by putting in a longer period of strict training. The latter, supposing him to be absolutely fit when commencing, should be able to "make do" with three weeks' hard work, while the former would be better suited with four or five weeks, which will enable him to take matters somewhat easier, and thereby run a lesser risk of growing stale.

This calamity, which is the constant dread of every brand of athlete during his training, is perhaps more readily detected by the running man than by the boxer or wrestler. His work is drawn out longer, and he is presented with more opportunities of recognizing any lack of interest or want of fire.

He may also watch for the most certain tell-tale of all, that one sure sign which is vouchsafed to every one in training, viz., the absence of free perspiration after hard work.

But no matter what warning he may receive, he must take immediate steps to combat the enemy. He must knock off all work for a while, and go very quietly indeed until he finds that he is fit again. A week's rest, with only one spin, would about do the trick even in a bad case, but there are occasions when as long as a fortnight may be necessary.

Don't hesitate about this. Better go into the race half trained than over-trained. For in the former case you will have fire and vigor, at least, and without these two qualities success is not to be looked for.

Scratch even, if you feel like it, but only do this in extreme cases, as the race would serve as a good practice spin anyway.



WRONG ACTION—WASTED ENERGY

HINTS ON TRIAL RUNS

This brings me back to a point which I have hitherto passed over, and that is that when running on the track in training, try and run in company as often as possible.

With companions running beside you you won't feel anything like so lonely as you will by yourself. Besides which the distance will be shortened, if not in fact, then, at all events, in seeming. For when running alone, particularly as a beginner, the miles seem to be positively interminable, and each additional one at least 400 yards longer than the last.

For your actual "trial" runs—those in which you are trying to discover what you are really capable of—exert your utmost endeavors to enlist the services of a few pacemakers—either runners or cyclists. These will serve a double purpose, since they will bring you along, and, moreover, if well selected and experienced hands, will enable you to dispense with the clock.

They should be able to cover the distance for which they are doing duty to the scheduled time set forth above, and will thus help you far more than would a friend with a stop watch calling out your times at each quarter-mile.

In the latter instance you may have unwittingly got behind or in front of the clock, and so will be worried as to whether you should sprint up or take it easy for the next quarter, so as to rectify matters. You will, besides, be running *regularly* all the time, keeping to your man, and so will be doing far better work.

Even with the advantage of many years' experience, when you are able to run instinctively to the clock, and can tell yourself almost to the fifth of a second in how much time you are going to cover a quarter, it is always advisable to get a pacemaker. You can get him in those circumstances to run a shade faster than the schedule, and so get yourself quickened up. A man just in front of you is about

the best incentive you can have to induce you to put your best foot foremost.

Keep your training up—right close up to the day before your race. If you are in business try and get a half-day off just before, so that you can have all the necessary rest.

I would advise no one to ease up till then. Take the day off just before, and only put in, say, two two-mile walks, and these not too fast.

WEIGHTS FOR RACES, AND A TRAINING EXAMPLE

In dealing with the not unimportant question of the amount of weight a runner should get off while in hard training, it may perhaps be as well to touch on another important aspect of the weight question, and that is the actual weight which a runner should scale.

In this connection you will remember that I suggested a greater number of divisions for the actual races themselves, and pointed out that a sprinter would make a mistake by regarding himself as a quarter-miler, and that the average miler (although possibly a champion at the distance) would not as a rule shine either at middle or long distance running.

Now it might not appear so at first, but weight has a good deal of influence in this matter. For instance, I would not advise any athlete who scales 154 lbs. or thereabouts, normally, to enter for any of the longer distances.

One hundred and fifty-four pounds is, in fact, an ideal weight for a sprinter. Weight tells in these races. The sprinter gets up a certain speed, and is then carried along by his poundage—*pushed along* by it, in fact. Those extra pounds will help him in the same manner as the weights thrown by the professional jumpers. He is carried along faster by it.

The maximum weight for a sprinter I would put at anything that did not hamper him. This would, of course,

depend on his build, speed, etc. But it is possible to be more definite about the best *minimum*, and this I would put at about 145 lbs. There have been exceptions to this, of course, and will be again, no doubt, but I am not discussing exceptions, but normal, average men. For a long-distance man the best weight is about 126 lbs. He can be a few pounds over this, but should not go lower than 124 lbs., for below that figure he will scarcely possess the frame to enable him to stand the long and weary strain.

My reason for giving 126 lbs., or between 124 lbs. and 130 lbs., as being the best weight for a long-distance man, is that he does not want to have much to carry. He has to cover a lot of ground, and if he goes in for cross-country work (as he will almost certainly do), a lot of very heavy ground as well.

The impetus which weight lends to a sprinter is soon dissipated, and becomes a most weary burden to cart along for anything from one mile upwards. You all know how weight stops a racehorse, and how the amount which one is handicapped with must always be taken into consideration in estimating his chances, so that you will readily be able to understand how great the handicap must be to a runner who has, as a long-distance man, to carry it much farther, not only in distance, but also in time.

But no matter what weight a man is, nor how fit he may be, before entering on his really hard "special" race preparation, he should have about 5 lbs. in hand to get off during that period.

It ought, too, to come off gradually, by bits—gaining a little to-day of what he lost yesterday, and so on, but steadily losing on the whole. For if the scale shows him to be taking off weight in this fashion, he can reckon that all is going well with him and as it should be.

One thing don't do—don't crouch at the start. Stand steady in an easy, loose attitude, leaning forward a bit,

with right foot in front and knee bent for the spring. Keep your ears open for the pistol and jump right to the front if possible. There is more in the first advantage than you might think, for it makes the other fellow follow you, and if you have the speed he will find a stern chase a hard chase. Don't be continually looking at the clock, but keep both your eyes and your head straight. Your senses will pretty well tell you what your rivals are doing. But be always ready for a spurt on their part, unless you are thoroughly convinced it is an expiring effort, in which case you can govern yourself accordingly.

Get away smartly, with a stride of say 4 ft. 10 ins. in length, letting this go as easily as you can. Don't make the mistake of striding too long, or of lifting your legs too high. For either of these will only weary you, just as will any excessive gesticulation with your arms. Remember that you are not striving to cover the ground as fast as possible, but are aiming to keep up a ten-mile run at as near a mile every five minutes as you can—the earlier miles in a few seconds less; but this is only on account of the naturally redressed balance later on.

Stride right off about 4 ft. 10 ins. or 5 ft., and under normal circumstances keep this up right through till the last quarter or half-mile, when, supposing the other men to be on the scene or thereabouts (as they will certainly be), you can lay yourself out for a right-down sprint, striding as far as you can stretch, and springing all you know how every time.

Supposing, however, that your start is in time. Then you can set out to cover as much ground as you conveniently can in the seconds allowed. Conveniently can means as much ground as you can get over without running any risk of pumping yourself later on. You must be careful of this, but bear in mind that the farther you have got away from the field or the scratch men the more

ground they will have to cover before they can catch you up.

The longer this is, the more depressed they will get naturally. A stern chase is proverbially a long one, and a back-marker is liable to reckon his distance and pace quite as much by the men he passes as he will by the laps covered.

So set your mind on getting in front as soon as you can, and staying in that position for as long as you can manage to do so.

WHEN LEADING

If you have got in front you will, as already advised, use your utmost endeavors to keep there. It's the best place to be in, you know. But don't struggle and burst yourself every yard. There is no sense in making a quarter-mile race of a section of the course between yourself and your immediate attendants, so as to crack you all up and leave the field open for the others to jog comfortably in.

Say you have run two or three miles, have put in a fast quarter-mile, and still find that you haven't increased your lead any, sprint hard for 100 yards and then rest for the next half-mile, allowing your pursuers to gradually make up their leeway while you are taking it soft and easy. Wait for them to almost catch you up, and then burst out in a fast sprint for 100 yards or so. You will have saved your energy for this effort, and it is more than improbable that their effort to catch up your last sprint lead will have so taken it out of them that they won't be able to respond.

You can then indulge in another breather for half a mile or so, and repeat the operation. A few repetitions are apt to get disheartening to the man or men behind, but you have, of course, to be in first-rate condition to do this.

If you have a good lead—fifty or sixty yards or so—don't get excited when the other men begin to cut this down. Keep steady, or, if pumped, even slack off a trifle, so as to make them think that they are going faster than

they really are. They will even be tempted to spurt so as to pass you soon, and you can allow them to almost come up to you. Then sprint for all you are worth, right away. The man or men who have been coming up will be in rather a quandary. They will have probably taken something out of themselves in their efforts to catch you, and it now called upon to follow you in a fast sprint, will not be too confident about the men behind them. For if they let you go on you may put a winning distance between you, and if they accept your challenge they may have to sprint not only fast but far, with the results that they will be in baking themselves into a nice pie for the scratch men to come along and eat.

Of course, in every instance it will, to a certain extent, be a match between your brains (plus condition) and the other fellows'. You may not have a 100 yards sprint in you at the exact moment you want it, and you may perhaps be able to sprint even 200 or 300 yards without stressing yourself overmuch. Whichever way you are situated, you must try and convince the other men to the contrary.

DISGUISE YOUR POWERS

You can deceive them as to your actual condition by setting off on your periodical or occasional sprints seemingly frantic or in a confident, triumphant manner. They may, in the first case, accept your challenge, and you can then take it out of them; or in the other instance they may allow you to go on and slack yourself, possibly put up such a lead as will enable you to "run long" "easy" and recover.

Whether will depend on the skill with which you have adapted both your strategy and tactics to the situation.

Never really give in as long as you have any energy, and above all don't allow yourself to fancy that you are in this predicament until the gruesome knowledge

is absolutely forced upon you. For however bad you may be running, it is by no means impossible that the other fellows are running quite as much, if not even more, than you.

Even supposing that you have been caught and passed without your having had the necessary reserve to "sprint" and "marin" in your lead, but can still keep running, it would be wise to slacken it, take an "easy" for a mile or a mile and a half, then begin spurt. The others may then come along in a quite surprising fashion. In any event you will not made your position a little worse, and it is improving.

SCRATCH OR SHORT MARK

In this position, or in any similar one, your first aim is to improve it. There are a lot of men with you with whose form you are more or less acquainted, of whom you must get in front if you expect any chance of being the first to break the tape. These leaders may or may not be leaders themselves. You can have no idea or guess about more than a dozen of any dark horses who may be entered. It all can go by is the probability of their powers being known by the handicapper when arranged. And you can only hope that he has not erred on the side of generosity to your rivals, and handicapped you clean out of the race.

Well, you know your own form, or ought to. So as there is a biggish field strung out ahead you must set about the work of cutting them down in double-quick style. Quicken, but don't lengthen, your stride, and do your mile in a few seconds better than your average best. This hasn't accounted for enough of them, get along for a second mile at the same "bat."

They will possibly sprint and wait, and generally carry on as they were advised above, but you mustn't let that

worry you. Of course, if you are fairly well up to a man, and can gallop past him, well, do so and go ahead; but if he tries the sprinting game willynilly, don't have any.

This is a long-drawn-out agony, remember, and you have to be on hand at the finish, and have a whole field of tacticians to cut down.

So just keep pegging away, at a faster pace than usual, until you have given most of them the "go by." Say you do the first mile in 4 min. 52 secs., and the first two in 9 min. 45 secs., and can hang on and put three behind you in 14 min. 30 secs. or thereabouts, you must be aware that you are running close on record time, and a good deal better than anyone has who has laid himself out to cut the ten-mile record.

You will have to pay for this later on, of course, and will reel your last mile off pretty slowly in consequence; but you can ease your mind by reflecting that if the other fellows are keeping their leads that they are also baking themselves proportionately, and records are not the things which are worrying you just now. All that you are troubled about is those fellows in front, and you don't want to have to overhaul the whole crowd of them in the last quarter-mile.

Some of them may be still ahead then, but keep along cutting your best times until you have reduced their number to as few as you conveniently can, and then lay yourself to a gradual edging up to within such distance as you can conveniently cover in your final gallop.

For this is, or should be, one of your strongest points. I forgot to mention it in my training chapter, but in all those practice sprints of yours you ought to so manage them that you finish up the last 100 yards—and sometimes 200 or 300 yards even—at a tremendous pace. If you make a regular habit of doing this you will find that you automatically save up the energy for this. It is a sort of extra

special reserve, which you never draw on save for the actual purpose in question, and no other demand can trench on it.

It is a reserve which is under the entire and sole control of your "sub-conscious self," as the scientists call it, and can only be let out when wanted for the finish.

This may sound rather "tall talk," but I am sure that everybody can get into the way of so conserving it, supposing them to train right and to fix their minds on getting the necessary amount of energy properly stowed away under lock and key until called for.

One method which may be adopted in training will help towards its acquisition, and that is to always finish up your track practice with one or two sharp sprints of 100 yards each.

No matter how your trial spin may have taken it out of you, you should have enough in hand just to put in these sprints. They will, perhaps, be awfully trying at first, but after a while you will find that they positively freshen you up, and shake off a good deal of the fatigue following the training spin itself.

Always travel to the scene of the race, if far distant, the day before, so as to ensure a good night's rest following the train journey, before actually engaging in the race itself.



WRONG WAY TO START FOR DISTANCE RUNNING

CHAPTER VII

MARATHON RUNNING

WE are now coming to the longer races, for instance, the Marathon, which has come into vogue since the revival some dozen years back of the Olympic games. There are other distances, however, which need, if not quite as much staying power, at least very nearly as much as the 26 miles and 380 yards that the Marathon consists of.

It must have been quite an eye-opener to Englishmen, in the first instance, to strike a Canadian like Sherring, from the little town of Hamilton, who could beat the world, although Caffrey had previously shown at Boston of what Canadians were capable. His performance, however, was local compared to that of Sherring, which attracted attention all the world over, although the time made was nothing so wonderful and has been beaten several times since. Sherring ran his race on the road, not on a prepared track like that in Madison Square Garden, New York, or in the arena at Montreal. His race, too, was 209 yards short of that at London, and in the revival at New York. Hayes and Dorando, who had such hard luck in the race in London; Yves, Longboat and others have all beaten Sherring's time at the full distance of 26 miles, 380 yards by six minutes, equal to at least a mile.

In training for a long journey the principal item is walking. Get out for a sixteen-mile walk three or four times a week, and walk at a good, steady four-and-a-half-miles-an-hour pace. On the other days go eight miles only at about five miles an hour, saving one day for a sixteen-mile steady road run.

Keep this up for a month or six weeks, and then go harder for the last month. Lengthen your run to twenty

miles, or even twenty-five miles, and do this either twice a week, or three times in a fortnight. Do all the running practice on the road, so as to harden your muscles.

Lengthen out the walks also during these last four or five weeks, making them twenty or twenty-five miles twice a week, and twelve to fifteen miles on the other days. Pace won't matter so much, so you can leave all sprinting practice severely alone.

It is the distance and not the pace that is going to kill in a long-journey race.

When the contest itself comes off, get away at a long, slow, steady tride—one that you can keep up indefinitely.

Don't lift your feet too high or try and tire yourself in any way. The best action, not the prettiest, is the one to cultivate, and every care must be taken to avoid jarring the muscles.

Let your arms hang down and loose, and bend forward just enough to help you along. Run as near as possible as you could imagine yourself running in your sleep, without exertion and without fatigue.

Don't worry to any extent about your relative position. You will, or should, have so habituated yourself as to be able to cover the distance in inside the records, which, as I have said, are far from being wonderful, and can rest content that if you are, as you should feel yourself to be, covering the road or track at the proper pace, the other men who have gone ahead must inevitably come back to you.

Don't listen to spectators, but just keep going. If you entertain any doubts as to your progress get a few friends to post themselves along the route to give you your time. You can then quicken up if need be, but really there should be no necessity for this, as you should run by instinct, and, as I have suggested, more or less mechanically.

CHAPTER VIII

CROSS-COUNTRY RUNNING

Of all forms of pedestrianism—and, indeed, of all branches of athletics, there can be nothing superior to cross-country running for either pleasure or health. By cross-country is not meant running round town and finishing with mile spins over a track, but real cross-country or point to point running. The sport itself is ideal, whether a race be contested in fine or muddy weather. Track or road running is apt to grow monotonous, however exciting it may be, but there is nothing monotonous in an open country run, even the training itself is almost as enjoyable as the race.

The varying nature of the ground covered, moreover, assists enormously in building up one's physique and bringing into play every individual group of muscles, so that the long-distance track-runner will be well advised to devote a fair portion of his attention to field races, as they will materially assist his progress.

CROSS-COUNTRY TRAINING

The track must naturally be abandoned altogether for cross-country preparation, and one's practice carried out pretty religiously over country as closely resembling that on which the actual race will be contested as can be found within easy distance.

Work your spins up in length from about five miles, then eight miles to ten miles, and vary backwards and forwards. Run in company wherever possible, and pick out as much bad and heavy ground as you can, but run



IN ACTION FOR CROSS-COUNTRY RUNNING

three times every week. Get out by yourself if necessary and accustom yourself to ploughed fields and soft ground, because you want to get into the habit of covering this in quick style.

In actual races themselves it is always best to wait over the difficult country, and to save yourself when the going is good. You won't tire yourself half as much by following this method.

Going slovenly over ploughed fields or soft ground will lead you into slipping and stumbling, and will take it out of you badly; so cultivate a quick stride of about 4 ft. 10 ins. for these sections, and try and let your feet land about half-way up each furrow. If you try and land on the top or between them you will shake yourself, to say nothing of running a risk of missing your footing and breaking your stride.

When you get back to level ground again you can slow down, but at the same time lengthen out your stride to even as much as 5 ft. 6 ins. There is not the same necessity to preserve all-through regularity of action over this style of course.

Another important point to study is the nature of the actual course itself. Get all the information on this point that you can, and lay your plans and train accordingly. If there is likely to be a lot of bad ground, pay special attention to this part of your work, and adapt your training also in the matter of hills.

Run up all the hills at a fairly slow pace so as to save wind, and come down them as hard as you can, partly to make up for this, and also because it is less exhausting to run down hill fast.

WATER, GATES, FENCES, AND HEDGES

Never hesitate to clear these boldly. You will only waste time if you run about looking for openings, and,



TAKING A JUMP

if possible, run over your gates and stiles in preference to vaulting or jumping them. This will want some practice, but is well worth getting into the knack of doing. Run right up, plant your front foot on the middle bar, step clean over the other, jump down and go on. This method may not sound as speedy a method of progression as a jump or vault, but it very frequently saves a lot of time; for in many instances the obstacle may present itself just after a ploughed field or stretch of very heavy ground, which has taken it out of you badly, and so will not improbably cause you to badly mull your early attempts to vault or jump.

In fact, you will notice that every practical cross-country runner runs over his obstacles. It is only when he gets a bit pumped that he "vaults," or gets over as best he can.

Cross-bars and other incidentals may occasionally assist or hamper this "running over" business, and of course from many other reasons it is always advisable to indulge in plenty of jumping practice.

This can be obtained wherever opportunity presents itself, but, failing a decent supply of hedges, gates, etc., in the near neighborhood of your training quarters, as a substitute it is not a bad plan to set up a number of hurdles in any adjacent field, and to steadily practise jumping these one after the other.

You may not impossibly be a hurdler, or possibly may possess undreamt-of qualities at that sport, which this cross-country running and training will introduce to you.

The Americans are, as a rule, better hurdle racers than we are, so that you may be sure of gratitude if you discover that you can develop yourself into one. Your advent as a champion, or as a prospective one, would be very warmly welcomed.

Therefore, for this reason, as well as on account of your cross-country chances and general all-round agility,



RIGHT ACTION—CROSS-COUNTRY RUNNING



WRONG ACTION—CROSS-COUNTRY RUNNING

don't neglect any opportunity of improving your jumping abilities. Practise broad as well as high jumping, so as to prepare yourself for water and possible thick hedges. When the weather is very wet, or you are for any other reason confined indoors, you might devote any spare time you have to jumping over forms ranged round the biggest room you can practise in.

This may not sound very important, but, like every other thing of the kind, it will help, if only in developing a springiness of action.

STITCH

This malady is one to which all runners are liable. In ordinary races it is usually a complaint fatal to victory, but need not necessarily be so across country. If, however, an attack should come on, don't allow it to overwhelm you. Keep on going. Slacken speed, walk even if necessary, but keep going on. You will be losing as little ground as possible and will be gradually, if slowly, working off the attack. You may want to lie down and die, but don't. Keep on getting ahead, and quicken up as the pain diminishes, until you find yourself back at your normal pace, with the stitch departed.

CHAPTER IX

GENERAL TRAINING HINTS

SKIP every other day, and skip fast. Get a rope and keep going for twenty or thirty minutes, if possible, putting in from 1,000 to 2,000 skips, if not more. This exercise will prevent your becoming stiff and muscle-bound, and is as valuable to the running man as it is to the boxer, and is so precisely for the same reason. Both have to be particularly smart on their toes and able to keep going for indefinite periods without growing leg-weary. Unless one is really fagged out, it isn't a bad plan to put in this turn with the skipping rope on the completion of every training practice before going off home.

Otherwise, it should be put in during the morning at an odd time, and particularly on "off days," just to prevent one's going too stale.

MASSAGE, A NECESSITY

Every good trainer should also be a good masseur. This is one of the most important items in his profession. For as soon as a man gets back off the track, and has finished his practice for the time being, he should have the conveniences ready for a lukewarm bath. Lukewarm, mind; not hot or cold. A shower, of course, is best of all, but, failing that, he should have a thorough sponge down, and should then be well rubbed (scrubbed if you prefer) with a warm, rough towel, so as to freshen up his nerves and muscles. Towels are best, and infinitely preferable to the mittens which some runners use.

When this has been done very thoroughly, the runner should then lie down and allow all his muscles to go slack

and loose while his trainer massages him all over, stroking, rubbing, punching and slapping every muscle and sinew in the body, so as to keep them soft and loose.

He should then be well rubbed down with a spirit emulsion, standing up for this operation. He can assist in this himself, as the extra exertion will encourage the circulation. Put on plenty of warm clothing, including a fairly thick sweater, and walk briskly home.

GUARD AGAINST CHILLS

This, by the way, is an unnecessary risk, which many athletes foolishly incur, particularly during intervals between training runs, between heats at a meeting, or while watching other events. A man seems to think that as long as he dons a sweater or a thick flannel jacket, and so protects the upper part of his body, that he will be impervious to cold, quite oblivious of the fact that his success will be mainly achieved by his leg muscles, and that these are (on this account if for no more) every whit as important as his heart action.

The warmer muscles are the more easily they move. The blood flows to them and courses round them more freely, conveying the needed nutriment far more readily and freely when its action is not rendered sluggish and thereby impeded by cold. You must all be aware that supposing you have fallen and hurt yourself, or have been kicked at football or otherwise contused, that you can stave off the consequent bruise and stiffness by keeping the motion. Bruises and stiffness are the result of congealed blood, and if the flow can be kept constant and rapid they cannot manifest themselves.

So whether you have just run, jumped, thrown a hammer, or put a weight, or are about to perform any of these feats, you should avoid standing still, and should pay equal

attention to the item of immediately covering up the whole of your body.

Let your trainer be in close attendance with a long bath-robe or dressing-gown, which will envelop you from your head to your feet, and don this immediately, both before emerging from your dressing-room and as soon as you have "pulled up" from a spin, whether practice or in a race. Doff it only before you are going into your bath prior to dressing.

Don't pay attention to any desire you may entertain to let the wind play about your body. You can indulge in all the "air baths" you wish for at other times. They are out of place either just before or just after exercise. You are, or should be, perspiring freely, and the discharge of waste tissue through the pores of your skin is at all times a healthy discharge, which should only be terminated or checked in any way in a warm (but not too warm) bath.

FOLLOW EXPERT ADVICE

In pouring out all this wealth of instruction, I am fully aware that my readers may not have been constructed on exactly the same lines as I was myself, and on that account I have endeavored to make these hints as catholic as possible. I have tried to cover the whole ground, but am, nevertheless, conscious that I may have omitted to do so successfully in one or two instances. Besides this, it is by no means impossible that improvements may be discovered from time to time. We have not yet heard the last word on running, and shall very possibly still be waiting for it for centuries to come. For this reason I would advise all my readers to seek out the most experienced trainer they can find--some such man as Harry Andrews, trainer to my old club, the South London Harriers, England; in short, a man who may be said to know pedestrianism backwards, and to accept his advice and instruction in every detail.

Two heads (when they are both good ones) are always better than one, and a pedestrian's attention will, as a rule, be so fixed on the means by which he can get over the ground quicker than his rivals, that he will not improbably omit to notice that he is perhaps killing himself in the process. It is his trainer's duty to notice this, and to stop his man getting ahead too fast. Getting to his best several days before the race won't benefit a man much. He wants to get there on the actual day itself, and he must remember that training—scientific training—is designed to achieve that end. No man can stay at his best for any considerable length of time, and, as his keenness and enthusiasm should preclude his recognition of the impossibility of his being "better than his best," he must necessarily rely on his trainer for the wise graduation of his training. Remember, above all things, that you are running for your club even more than for yourself, and that your trainer will remember this at the moment when you yourself are liable to forget it.

ON STARTS IN HANDICAPS

Never despair because you fancy that you have been unfairly treated by the handicapper. It is very difficult to handicap a really good man out of a race altogether. During my own career I have had to concede some seemingly impossible starts. Four hundred and seventy yards in two miles, and 500 yards in three miles, are pretty lengthy distances to make up. But I have had worse to face than this.

When making my ten-mile record, I was conceding seven or eight minutes' start to the limit man. I am not very certain as to the actual start I was giving, and I cannot at the moment lay my hand on the figures, but I am sure that I am in no way overstating the facts. I have, indeed, given more than this seven minutes odd (if not more), which was the longest start ever given at Ibrox Park, Glas-

gow, Scotland. For in one ten miles cross-country run I can remember that the limit man set off nine and a half minutes before I did, say a two miles start in ten.

Nevertheless, on each of the occasions cited I managed to finish first man home. The length of the starts may have forced me to run more to the race and less to record, but I don't think so. I had set my heart on making history in the Ibrox Park race, and the fact that I succeeded in my ambition should serve as a useful guide to all runners. I thereby dotted the "i's" and crossed the "t's" of several of the maxims contained in this book, seeing that by laying myself down to cover the course inside all records I not only succeeded in compassing that end, but also in out-distancing all my opponents.

Go my readers and do likewise—on all occasions. It rests not with your starts, but with yourselves, whether you are champions or not.

SOME LAST WORDS ON STRIDE

I may, perhaps, here utter a final and really important warning to my readers to carefully refrain from all temptation either to acquire or to demonstrate any distinctive running "form," for that is a rock on which they will be bound to split. Critics talk and write enthusiastically on "long, sprinting" strides of men who "move freely from their hips," and whose magnificently free action simply devours the ground. The critics mean well, no doubt, but they don't do long-distance running and in many cases have had no practical experience as athletes.

For however pretty this stylish running may look, it speedily brings on leg-weariness. A man who "throws out" his fore-leg is bound to tire his knee-joints, while the man who strides high and long, covering 7 ft. or 8 ft. at a stride, will in the long run cover less ground at a greater exertion than the man who lifts his feet and body clear from the track for as short a while and as little as possible.

A high springing stride inevitably means a jarring return to the earth, to say nothing of a straining of the joints employed. Then the upright, erect carriage of the body inseparable therefrom involves the extra exertion of carrying a dead weight along.

The long distance runner has to last out for as long as he can, and must, therefore, economize his powers as much as possible. He should run from his knees rather than from his hips, and should, moreover, do this as easily as possible. He should not lift his feet far from the track, because he wants to get them back there again as quickly as possible. He wants to lean his body forward also, just beyond the balancing point, in order to obtain propulsion.

All this is rather difficult to explain on paper, but it seems to me to be worth while going into in order that I might explain my reasons for recommending a style of running which is so diametrically opposed to all the accepted ideas on the subject. Long striding and high striding, of course, may both be all very well for the sprint or short distance runner, who has to get over the ground as fast as he can, and who must perform run in the style which suits him best, since he is a natural rather than a developed runner; but for any distance over a mile (or, to my mind, for any course over the half-mile) I am perfectly satisfied that the short, quick, gliding action is far and away the best.



ROBERT KERR, OF CANADA

Winner of the Olympic Two Hundred Metres Race, held in
London, England, 1908

CHAPTER X

ON RECORD MAKING

RECORD MAKING should not be the prime consideration of an athlete. "How can I win?" should be the first and all absorbing thought. If you are good enough, record making will come in time with persistent practice. Every body cannot be as successful as myself, and I say that with all respect to those who would try, for there are those with natural gifts and those with acquirements. The latter are by far the most desirable, for they are representative of greater force of character. I believe I owe as much to nature as to acquirement, although I have worked hard and diligently all my life. I have tried to follow the scriptural text and to do whatever I have found to do with all my might. And so must every successful athlete. It is no such easy work as might be imagined. It means persistence, self-denial, thought and never-ceasing practice.

Paderewski, we are told, practises incessantly six hours a day. Bacon said six hours of reading daily would make a full man. So it is with the following of athletics. Self indulgence will undo everything. You must be ever on the job, ever exercising, ever passing the luxuries of life as if they were not. Once you allow a fast life to tempt you, then good bye to the running path or athletic field, good-bye to health and prospect.

Sport, it has been said, leads to excess. There is no good thing that cannot be abused. At the same time there is no good thing that is not beneficial, taken in moderation and with a desire for reasonable accomplishment.

Straining after records is extremely hurtful, for the strain that is forced is likely to result in either permanent or temporary injury. Rupture has wrecked the life of many a man, and there is no more common complaint among athletes. Study of the system will avoid that and every other ailment that follows after too eager desire for excessive accomplishment. Therefore, as I have said, let not your first thought be for record-making, which is history-making. As has been said we cannot all be champions, for if we were, paradoxical as it may appear, there would be none, for there would be no singlement.

Let the young athlete be temperate in all things, and it will follow as night the day that he will achieve success. He may not even then secure those mystic figures opposite his name that mean records—only one in a thousand gets as far as that—but he will have the supreme satisfaction

THE FOLLOWING ARE THE TIMES MADE BY ME IN MY 10-MILE RACE
IN WHICH I SET UP THE WORLD'S RECORD:

Miles	Min.	Secs.	Miles	Min.	Secs.	Miles	Min.	Secs.
1 1-4	1	4 1-5	4 1-4	21	7 1-5	8 1-4	41	34 2-5
1 1-2	2	14 1-5	4 1-2	22	23 1-5	8 1-2	42	51 4-5
3 1-4	3	28 2-5	4 3-4	23	39 2-5	8 3-4	44	8 3-5
1 1-4	4	41 1-5	5	24	55 4-5	9	45	27 3-5
1 1-4	5	58 1-5	5 1-4	26	11 4-5	9 1-4	46	48 2-5
1 1-2	7	12 3-5	5 1-2	27	27 1-5	9 1-2	48	5 1-5
1 3-4	8	28 3-5	5 3-4	28	48 1-5	9 3-4	49	25 2-5
2	9	44 1-5	6	29	50 2-5	10	50	40 3-5
2 1-4	10	59 1-5	6 1-4	31	14 4-5	10 1-4	52	5 3-5
2 1-2	12	14 3-5	6 1-2	32	30 4-5	10 1-2	53	30 3-5
2 3-4	13	30 3-5	6 3-4	33	48	10 3-4	54	56 3-5
3	14	45 4-5	7	35	4 3-5	11	56	23 3-5
3 1-4	15	1 3-5	7 1-4	36	22 1-5	11 1-4	57	48 3-5
3 1-2	17	16 3-5	7 1-2	37	39 2-5	11 1-2	59	10 1-5
3 1-4	18	33 1-5	7 3-4	38	57 3-5	11 3-4	60	32 1-5
4	19	50 3-5	8	40	16	—	—	—



F. J. APPLEBY
Holder of Fifteen Mile World's Record

LONG DISTANCE RUNNING

85

SCHEDULE OF MY PREPARATORY WORK FOR 10-MILE RECORD

Date	Morning Work	Afternoon Work	Weight Stripped
6th Oct.	3 miles fairly slow...	6 miles at decent pace.	122 lbs.
7th Oct.	4 miles good pace...	5 miles run and walk.	120 lbs.
8th Oct.	4 miles good pace...	Wet, did not go out...	120 lbs.
9th Oct.	Sunday.....	No work.....	122 lbs.
10th Oct.	3 miles fairly fast	3 miles slow.....	121 lbs.
11th Oct.	2 miles fast.....	6 miles slow.....	120½ lbs.
12th Oct.	Did not run.....	6 miles medium.....	120 lbs.
13th Oct.	3 miles good pace...	4 miles medium.....	119½ lbs.
14th Oct.	5 miles steady.....	Did not run.....	120 lbs.
15th Oct.	Brisk walk.....	3 miles fast.....	119½ lbs.
16th Oct.	Sunday.....	No work.....	121 lbs.
17th Oct.	8 miles steady.....	2 miles fast burst.....	120½ lbs.
18th Oct.	4 miles good pace...	2 mls. (9 min. 38 secs.)	120 lbs.
19th Oct.	Did not run.....	10 m. trial (51m. 10s.)	119 lbs.
20th Oct.	5 miles steady.....	Did not run.....	118½ lbs.
21st Oct.	Did not run.....	2 mile burst.....	119½ lbs.
22nd Oct.	6 miles goodish pace	8 miles walk.....	118½ lbs.
23rd Oct.	Sunday.....	No work.....	119½ lbs.
24th Oct.	4 miles steady.....	2 mls. (9 min. 17½ s.)	119 lbs.
25th Oct.	Did not run.....	10 m. trial (51m. 58s.)	118½ lbs.
26th Oct.	4 miles steady.....	2 mls. (9m. 18½ s.)	119 lbs.
27th Oct.	8 miles steady.....	Did not run.....	118 lbs.
28th Oct.	Took a rest.....		119½ lbs.
29th Oct.	4 miles steady.....	8 miles slow.....	118½ lbs.
30th Oct.	Sunday.....	No work.....	119½ lbs.
1st Nov.	3 miles steady.....	10 m. trial (51m. 55s.)	118 lbs.
2nd Nov.	2 miles walk.....	5 miles steady.....	119 lbs.
3rd Nov.	8 miles steady.....	4 miles fast walk.....	119½ lbs.
4th Nov.	Rested.....		119 lbs.

of having fulfilled a worthy and pleasure-giving ambition. Twelve years mean a lot in a young life, and it is that period of existence that I have devoted to the steady persistence of performance on the running path. Whether I have done myself permanent good the future must determine. All I know is that thousands of others have been induced by my example to pay some heed to their bodies - to go in for physical exercise and for physical development,

to perform for themselves and not to be content to pay for others to perform for them, to lead a purer and steadier life, yes, and to become, I verily believe, better men and women. This is something to have done--something better than record making.

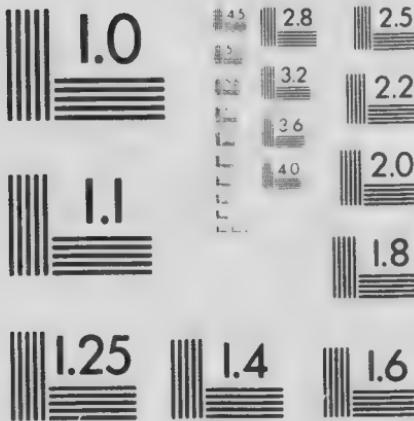


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CHAPTER XI

SOME FINAL REMARKS

THE pursuit of athletics is not all the easiest and pleasantest occupation it may appear. There are many obstacles to be encountered. There are many difficulties to be overcome. There is much self-denial to be practised. And perhaps this latter is the hardest of all, for congenial companions—and they will be found and should be found in every club or organization—frequently fall into temptations and indulgence is death to ambition.

Still the advantages are many, providing only judgment is used. Naturally, during the years I have been on the track, I have had many experiences, some interesting and agreeable, some disheartening and discouraging. There is one thing I have never been charged with, wanting to lie down. I have time and time again been approached, but in athletics, as in all other things, there is only one course to pursue if you would have your success complete—the honest, straightforward one. It is so easy to fall by the wayside, and once people get it into their heads you are untrustworthy, your fate is doomed. Of course, it is possible to get reinstated in public confidence, but as Josh Billings says: "You can patch a damaged reputation, but the world will keep a devil of a good look-out on that air patch."

Mens sana in corpore sano is too old a motto not to be desirable. But neither the sound mind nor the sound body can be had without diligence and without regard to the tendencies of both. The promiscuous and reckless following of athletics and abandonment to club life is as harmful

as promiscuous and reckless reading. If study does not go with both then the harm is likely to be as noticeable as the good. To every young man who has an idea of making a success of athletics, I would say, look into yourself, be careful not to try to do too much, don't loiter around, don't associate yourself with gay companions, don't let achievement carry you away, don't get conceited, don't subject yourself to flattery; fly from it as you would from a plague, for there is no such thorn in a young man's path as a flatterer; be careful but not finicky about your food, live plainly and wholesomely; in other words, to use a modernism, follow the simple life; don't practise or perform on a full stomach; don't exhaust yourself on an empty one; be sure your heart beats right and is in the right place; be sure your pulse is regular; if you feel you've met a better man, don't strain yourself to accomplish what may be impossible; at the same time don't quit, but use the head your forefathers have given you and acquit yourself like a man, neither stopping nor complaining, but taking the matter into your serious consideration. Success may be yours if you persist, but don't give it up as a bad job merely because you don't get your heart's desire at the first bidding; practise not incessantly but in moderation, and when you feel yourself ripe try again. Everybody cannot succeed, but remember the race is not always to the swift and the battle to the strong. At any rate, if judgment is used, nothing but lasting good can come from athletic exercise.

But I have made reference to my experiences. As told elsewhere, I have travelled in many countries, among many people. I have won in France and been feted for so doing, for the French are good sportsmen. Their politeness is never failing, their welcome to the stranger delightful and their greeting of the victor cordial and unaffected. I have won in Australia, New Zealand and Canada, and heard those ringing British cheers in those far-off lands that are

always music to the British wanderer, whether in his honor or not. I have had success in the United States, and on one especially memorable occasion I went down to defeat, but I think that everybody will allow that for twenty miles, and for long past my distance, I put up a good fight. I have been asked if this extra effort did not do me harm. I don't think it did me a super-amount of good, but it showed me my limitation, and therefore warned me to be cautious and not to overtax my energies, which in the fullness of time must wane, let me be as careful as I may.

I have been fortunate enough to have unbroken success wherever I have gone and it is a source of much gratification to me that I have always received the best possible treatment and hospitality.

Comparisons, we all know, are odious, therefore I must be excused making any distinction. I must, however, recall the very pleasant time I had on my memorable trip to Australia, where everyone, from the Governor-General down, overwhelmed me with kindness and attention. If ever I was in fear of "swelled head" it was during this eventful period of my career.

Perhaps the public men on this continent do not enter into the spirit of athletics with the same vim and whole-heartedness as in the other parts of the Empire. Let me give an illustration: When the King's horse Minoru won the Derby, the King, in true democratic style, ignored the police guard and made his way in unceremonious fashion through the crowds to lead his horse back to scale—that was a noble example of appreciation of the people's sports that might—faddists to the contrary notwithstanding—be far more generally followed in these western parts than it is.

The one thing the successful athlete must protect himself against is illness. Accidents are unavoidable, but hearty in their recognition of well-directed effort, the general sporting world is very uncharitable when it comes to

excuses for ill-success or non-appearance. Therefore, must the athlete watch himself closely if he would retain public regard. People appear to think we are not subject to ailments, or at least should not be, but the high tension at which we are forced to exist tempts the very things we would most avoid. Our systems are sensitive to impurities because of the necessity of purity in our surroundings if we would achieve. Therefore, when we are forced to pause by the wayside, people should not allow uncharitable-ness to prevail to the extent that I regret to say they are prone to do.

By the way, I have been asked why did I turn professional? Mainly because I love the game and am devoted to it. Man, however, cannot live by love and devotion alone, and so I went into the legitimate gathering in of shekels. Of course I was charged with violations of the amateur rules; pretty well every man who systematically accomplishes anything is—and my liberty was curtailed. On one occasion I was even refused permission to visit Canada as well as South Africa, because, forsooth, the wise-heads could not see where my expenses were coming from. Coming finally to the conclusion that I might as well have the game as the name I came away from the mark. That is why I turned professional.

Several times I have been threatened with overthrow by phenomenals. On one or two occasions it has been whispered around in such way as to reach my ears, that importations have been made and that it was good-bye to Shrubb. These importations have once or twice materialized. Like deer they would run for a distance and keep me guessing. All of a sudden they would disappear and I, smilingly relieved, would trudge on alone.

I have literally been in shipwreck, hack-wreck and fire. I was on the Union Steamship Company's *Warrimoo* when she took fire, on her way from Australia to New Zealand.

We had turned in about 10.30 o'clock at night, after turning over our money in honor of the new moon, and were just indulging in a nice little beauty sleep when, shortly after 11, we were awakened by the clanging of bells, the scraping of moving portables and the scrambling and heavy tread of rushing feet. There were 166 passengers aboard and 400 cases of benzine. The latter were promptly thrown overboard, and what might have been an awful calamity was prevented by the coolness and promptness of the officers. But the scene was one not easily to be forgotten. The loss of the steamship *Hilaria* of the same line, some years previously, when many lives were lost, was recalled and men and women fell on their knees and prayed. A few wailed and screamed, but the pluck of the officers, two of whom went into the hold where the fire was raging and brought out a quantity of kerosene, saved the day and calmed the disturbed. I had only just recovered from an attack of gastritis and was weak and, of course, anxious, but I was told afterwards that I acted with coolness and was able to quiet the fears and alarm of others.

On another occasion at Crewe, Lancashire, I had won the English amateur championship ten-mile cup, and as I thought then, and think even now, had covered myself with glory. At the close of the meet, we, my party, consisting of my life-long friend, Tom S. Sinnott, then Secretary of the National Cross-Country Union and member of the Amateur Athletic Association; Gordon Innes, member of the Amateur Athletic Association, and myself, hailed a cab to take us to the station. All of a sudden we realized that the vehicle was travelling on two wheels and skidding with lightning rapidity down a hill, the frightened horse galloping for dear life. You can bet it was a trifle exciting, especially as we were about dashing into a thickly populated business street. We had no desire for breaking records just at that particular moment, but we were clearly

doing so. Finally we plunged across the pavement bang into a grocer's window, where monkey-nuts, or as Americans and Canadians call them, peanuts, were the principal staple of trade. To see the way those monkey-nuts, pots of jam, sugar, etc., flew around, was a caution. They were literally all over the shop and the roadway too. The horse, thoroughly exhausted, laid kicking in the window where the ~~cab~~ should have been, and we crawled from the cab one by one in the best way we could, shorn of our glory and dismantled, but not altogether dismayed. Fortunately the grand trophy I had won was not seriously injured and joined the hundreds of others that I have gathered in. So that you see 'tke the policeman's lot, the athletic's life is not an entirely unalloyed happy one.

A parting shot and Finis will have been written. Don't run to schedule in distance races. Run as your judgment tells you to do and as your ability will allow, husbanding your power here and letting it out there. Trying to do each mile at a set pace and a fast pace will kill the best and tire the worst.

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